

Town Manager's Newsletter

April 2019



Jodi Ross, Town Manager

jross@westfordma.gov www.westfordma.gov/tm 978-692-5500

Important:

Please sign up to receive updates on the latest road construction in town.

Subscribe to Notifications









Brush Chipping Saturday, April 27th 10:30 am – 4:30 pm Highway Garage Details on Page 10

Electronics & More Collection Saturday, May 4th 9 am – 1 pm Highway Garage Details on Page 11

Annual Town Election Polls Open 7am to 8 pm Tuesday, May 7th



www.westfordcat.org

Dear Westford residents,

The Board of Selectmen, at their meeting on April 9th, thanked Karen Cavanagh for her 15 plus years of service as a member of the Permanent Town Building Committee. They also congratulated Westford Academy Theater Arts for the production of The Wolves which was named State Finals Winner at the Massachusetts Educational Theater Guild's State Final Round. Seven Westford Academy Students were named to the All-Star Company! The board also congratulated Meena DeBenedictis, a Westford Academy senior, who was awarded the highest honor a member of Congress can bestow on a youth civilian, the Bronze Medal from the Congressional Award Foundation.

As May is right around the corner, please note the Annual Town Election is on Tuesday, May 7th, with polls opening at 7:00am and closing at 8:00pm. Below is a copy official ballot:

OFFICIAL BALLOT ANNUAL TOWN ELECTION TOWN OF WESTFORD TUESDAY, MAY 7, 2019 Patricia L Duky

NSTRUCTIONS TO VOTER

- . To vote, fill in the OVAL to the right of your choice like this:
- B. Follow the directions as to the number of candidates to be marked for each office.
- C. To vote for a person whose name is not printed on the ballot, write the candidate's name in the blank provided and fill in the oval

SELECTMAN	LIBRARY TRUSTEES	
For Three Years Vote for TWO	For Three Years Vote for TWO	
JOHN SCOTT HAZELTON, 76 Nutting Road Candidate for Re-election	ELIZABETH S DIERCKS, 56 Depot Street Candidate for Re-election	
ANDREA PERANER-SWEET, 21 Kirsi Circle Candidate for Re-election	GLEN SECOR, 56 R Pleasant Street (Write-In)	
(Write-In)	(Write-In)	
BOARD OF HEALTH	LIBRARY TRUSTEES	
For Three Years Vote for TWO	For Two Years Vote for ONE	
STEPHANIE D GRANGER, 101 Russell's Way Candidate for Re-election	ALISHA E HILLAM, 6 Coolidge Avenue	
SUSAN M HANLY, 26 Kirsi Circle Candidate for Re-election (Write-In).	(Write-In)	
HOUSING AUTHORITY For Five Years Vote for ONE	PLANNING BOARD For Five Years Vote for ONE	
MURIEL T DRAKE, 67 Tadmuck Road Candidate for Re-election	MICHAEL E BONENFANT, 3 Hadley Road (Write-In)	
(Write-In)	SCHOOL COMMITTEE	
HOUSING AUTHORITY For Four Years Vote for ONE	For Three Years Vote for TWO	
JANINE H MCCORMACK, 65 Tadmuck Road Candidate for Re-election	DANIEL A GOLDNER, 133 Main Street	
(Write-In)	SEAN P KELLY, 7 Chestnut Road	
(Write-In).	ALICIA D MALLON, 104 Plain Road	
	(Write-In)	
	(Write-In)	

(Continued on next page)

Town Manager's Newsletter (continued)

The League of Women Voters announced a candidates night on Thursday April 25th at 7:00pm at Roudenbush.

The Board of Selectmen accepted and signed the deed from the DHD Adams Realty Trust for the property off of Lowell Road and Providence Road, pursuant to the vote taken under Article 13 at our March 24th, 2018 Annual Town Meeting. This property will be managed and controlled by the Conservation Commission for open space, recreation, and conservation purposes.

The Selectmen continue to discuss Stormwater Management funding options. The Environmental Protection Agency has issued more stringent requirements with our permit and the town is discussing ways to fund the necessary improvements and maintenance of existing stormwater structures.

The board continued to discuss the next steps for 35 Town Farm Road. It was suggested they form a committee to study the property and bring forward a recommendation in the future. The board will consider this suggestion at their next meeting on April 23rd.

The board approved a new five year contract with Waste Management for recycling collection, transportation, and disposal services beginning July 1, 2019.

The Town and School Safety Task Force has been meeting regularly and has issued another Request for Proposals to help evaluate the mental health and wellness of our schools and community. Stay tuned for an update at a future joint Board of Selectmen and School Committee meeting to discuss recommendations for improvements at schools and public buildings.

National Grid is proposing a new cutting program, designed to help reduce power outages. They are scheduled before the Board of Selectmen on April 23rd to explain their new program.

The Selectmen will be hearing an update from the 12 North Main Street Task Force on April 23rd with a suggestion for next steps regarding that property.

A sincere congratulations to Rebecca Cheney who was recently promoted to Town Planner! Rebecca has been with us a little over a year and has done a fantastic job during that time.

There are several openings on our local boards and committees, including: 12 North Main Task Force, Affordable Housing Committee, Agricultural Commission, Board of Water Commissioners, Communications Advisory Committee, Community Center/Mill Works/Recreation Department Task Force, Cultural Council, Economic Development Committee, Energy Committee, Healthy Westford Committee, Historical Commission, Parkerville Schoolhouse Committee, Parks and Recreation Commission, Pedestrian Safety Committee, Permanent Town Building Committee, School Start Times – Citizen Advisory Committee, Westford Scholarship and Grant Committee, and Zoning Board of Appeals. I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete a Citizen's Activity form at this link: Citizen Activity Form or stop by and fill out a form in the Town Manager's office.

Would you like more detailed information on Board of Selectmen meetings? Click the following links to access: **Board of Selectmen Documents** & **Board of Selectmen Meeting Videos**.

Keep updated on happenings around town through my monthly newsletters in 2019!

Sincerely.

Jodi Ross

Town Manager

April at the J.V. Fletcher Library

Our programs are generously funded by the Friends of the J.V. Fletcher Library, Inc.



Learn Ukulele: Sat., April 20 at 2 p.m. Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. You'll learn how to tune, strum and read chords. After a short lesson, you'll be able to play some fun and easy songs. No experience necessary. (Note: this is a beginner lesson, and not our monthly ukulele strum along.) Bring your own ukulele or register in advance to borrow one. Ages 14 and up. FREE! **Register here** or call Information Services at 978-399-2304.

Monday Mystery Book Club: Mon., April 22 at 10:30 a.m. Wake up your week with a stimulating book discussion! We meet on the fourth Monday morning of each month @ 10:30 a.m. in the Mary Atwood Room. Our April selection is Everything I Never Told You by Celeste Ng. Copies of the current selection are available for check-out at the Main Desk. New members are always welcome. No registration required.

Knitting Group: Mon., April 22 at 6:30 p.m. Do you enjoy knitting? Our informal Knitting Group meets in the Mary Atwood Room on the second Monday of every month from 3:00 to 5:00 p.m. AND the fourth Monday of every month from 6:30 to 8:30 p.m. This is a drop-in program that is open to all ages. Bring your latest project and share advice and socialize with other knitters! Any questions, please call Sarah Regan at 978-399-2309.

Sharks to Parks: Thursday, April 25 at 7:00 p.m. Ever seen a real hammerhead shark? Now's your chance! Join photographer Bob Michelson for a narrated slideshow. He'll discuss predator/prey relationships using an actual 7.5 foot hammerhead shark, "Bruce!" Learn about marine life found off the Massachusetts coast, then fish and fauna from the Peabody area, and then all the wildlife that call Peabody home, from red foxes to bald eagles. FREE! Ages 14 and up. Register here or call Information Services at 978-399-2304. This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency.

Ukulele Strum Along: Sat., April 27 at 2 p.m. Learn to play by playing! Focusing on 2 and 3 chord songs, this program is for the beginner ukulele player who wants to practice and play music with others. Singing is encouraged. Ukuleles available to borrow, songs projected onto a screen so no music stands or books necessary. This program is open to adults and teens. Register here or in the Information Services Department to borrow a ukulele, or just drop in with your

Nuclear Security in the 21st **Century: Mon., Apr. 29 at 6:30 p.m.** Nuclear weapons have not gone away, and the Trump administration has brought a new urgency to them. The New Start Treaty with Russia is up for renewal in 2021, a summit with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula, and President Trump decertified the Obama nuclear deal with Iran. Expert Keith West has been involved with speech and debate for nearly two decades. Come hear him discuss to what degree past nuclear talks should guide future U.S. nuclear arms control negotiations. FREE! Ages 14 and up. Register here or call Information Services at 978-399-2304.

Cuba and the "Last" Baseball Season with author José Ramírez: Thu, May 2 at 7 p.m. After the Castro regime abolished professional baseball in 1961, young Cuban players had a choice: leave family, friends and a beloved homeland, knowing they may never see them again, to play professionally — or stay home and pursue a different and uncertain way of life. Local author José Ramírez will discuss his book about the personal struggle these men and their families endured, and the heart-wrenching judgement they had to make. FREE! Ages 14 and up. Register here or call Information Services at 978-399-2304.

English Conversation Circle: every Wed. at 10:30 a.m. Practice your English conversation skills and meet new friends in a relaxed and friendly environment. Registration is not required. If you have any questions, please call Sarah Regan at 978-399-2309.

Sunday Hours: Resumed in January and run thru Sunday, April 28. On Sundays the Library is open from 2 to 5 p.m.

Please visit http://www.westfordlibrary.org for more information about the library and our upcoming programs.

Parks and Recreation

April Vacation Field Hockey Clinic

Field Hockey with WCUFHA: April 16-19, Ages 11-18

This WCUFHA clinic teaches beginners to advanced players the essential skills of field hockey in a fun and safe environment. Learn the latest techniques as you pass, shoot, and score. Located at Community Fields on Nutting Road.

Equipment needed: mouth guards, shin guards, and stick. Players may borrow sticks during the week if needed.

Learn more and/or register at <u>Westfordrec.com</u>.

Save the Date!

May 8th is **Summer Program Early Registration Night**, located at the Parks & Rec office at 65 Main Street, 3rd floor, from 6:30-8:00 p.m. Meet the staff and learn about summer programs, including Parks & Rec Summer Weekly Programs that offer full-day, full-week coverage for children ages 4-16.

For details, and to find Summer Weekly Registration Forms, visit About Summer Weekly Programs.

Parks & Recreation Spring Programs Starting Soon

The following programs start in late April and in May:

For Adults: Adult, and Adult & Child Archery; Cardio and Fitness Fun; CPR, AED, and First Aid; Seth Dichard Premier Golf School programs; Sunday Night Restorative Yoga; and Moving Meditation - Circular Tai Chi.

For Youth: Archery; Seth Dichard Jr Premier Golf School programs; Rock Climbing; and Kids Tween Yoga.

For Squirts: Lil' Chippers Golf with Seth Dichard; Soccer for Tiny Tots (2-3) and Pre-K-/Kindergarten (4-5) at Nabnasset School Field.

PLUS: Marcus Lewis Tennis Extension Program at Stony Brook Middle School Courts, offering extensive programming for youth and adults. Contact holly@marcuslewisenterprises.com to register for MLTEP.

To register visit <u>Programs</u> on westfordrec.com. To learn more about these, and other Parks & Rec spring and summer programs see the <u>2019 Spring-Summer Brochure</u>.

Westford Partnership for Children (WPC) - Session 4

Westford Partnership for Children (WPC), a Parks & Rec After School Enrichment Program, offers grades K-8 a wide variety of activities to choose from in a safe and stimulating environment. WPC families enjoy flexible scheduling options, and Special Program coverage during professional development days, parent conferences, and school vacations. The program runs from school dismissal until 5:45 p.m., Monday through Friday, and is located at each child's school thanks to WPC's partnership with Westford Public Schools (with the exception of Blanchard students who are bused to Stony Brook for no additional fee.)

WPC Session 4, March 4 - April 26, includes activities such as Building Toys, Infinity Tag, Music Rocks, Theater Arts, and Tennis with Marcus Lewis. Registration forms can be found at 65 Main Street, 3rd floor, or visit About WPC on westfordrec.com.

Register at any time!

Health Department

SPRING IS HERE AND SO ARE TICKS!!!!!

Tips for Protecting Yourself against Tick and Mosquito Borne Illnesses

Lyme disease, caused by a bite from an infected deer tick, is the most common tick-borne disease in Massachusetts. Lyme disease can cause serious complications if it is not recognized early and treated appropriately. As outdoor spring activities begin, the Westford Health Department would like to remind residents that spring is the time of year when ticks are looking to feed. This means that they are looking for their next host. When you are out enjoying spring activities, please remember to be vigilant in checking for ticks on you, your children and pets. Larvae and Nymphs can be very difficult to spot.

There are effective actions people can take to help limit exposure to ticks:

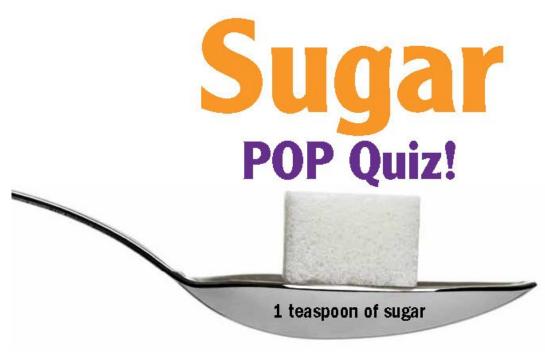
- DEET will repel ticks, but sensible clothing and sticking to clear pathways and open areas when hiking helps avoid ticks as well.
- If you are out in an area with ticks (and ticks occur all across the state), then do daily tick checks on you and your children, and remove ticks carefully according to directions you can find on the DPH web site.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

For more information on ways to protect yourself and your family check out http://www.cdc.gov/ticks/index.html for additional information.



Heath Department (Continued)



How much sugar is in your drink? Guess how many teaspoons of sugar are in each of these...



Heath Department (Continued)

Sugar POP Quiz Answers -



YUCK!!!

A 20 fl. oz. soda has 69 grams of sugar, which is over 17 teaspoons

Would you eat that?
Of course not!
Why would you <u>drink it?</u>



 Find the "Sugar" listing on the Nutritional Facts label that appears on your drink container.

Grams of SUGAR







Teaspoons of SUGAR

Answers for B-F:

- B Fruit Drinks (16 fl. oz.) = 28g sugar
- **6** Sweetened Tea (16 fl. oz.) = 36g sugar
- **D Water** (12 fl. oz.) = 0 g sugar
- **(B)** Energy Drink (8.4 fl. oz.) = 27g sugar
- P Sports Drink (20 fl. oz.) = 34g sugar
- = 7 teaspoons
- = 9 teaspoons
- = 0 teaspoons
- = 6.75 teaspoons
- = 8.5 teaspoons

[Note: all calculations are based on typical drinks purchased at a local store]

Switch from Sugary Drinks to Water -

it's way better for you! Want the bubbles like soda? Try sparkling water.







MM4781 06/14

Cameron Senior Center

The Cameron offers many services and incredible programs for Westford's awe-inspiring older adults

Tax Relief for Elderly and Disabled aka T.R.E.A.D.

Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1**st. TREAD is a donation funded program for property tax relief and helps those in those in financial hardship situations. Special consideration is given to those applicants that receive benefits however there is not an income criterion to qualify for this program. Applicants must be 65 years or older OR have a state recognized disability; and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2019. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 Or Annette Cerullo at 978-399-2326.

SENIOR AND VETERANS TAX WORK

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department for 125 hours in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2020 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be using a lottery for first time applicants and then repeat applicants. Applicants must be 60+ years old or a Veteran 18+ years old, and own and occupy the property for which Westford taxes are paid. This year, those SENIORS with a signed medical exemption can assign a family member or friend to do the work for them. Only one member of a household is eligible. VERERANS can assign a proxy worker without medical exemption. Applications must be submitted to the Senior Center by May 1st. The lottery will take place in May. If you have questions about the program or need a medical exemption form, please call Alison Christopher at 978-399-2325.

"GAY NINETIES CELEBRATION!"

Sponsored by the Friends of Cameron Senior Center, Emerson Hospital, Cook Oil, Inc. and the Westford Rotary

The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration

Tuesday, May 21st from 10:30 AM – 2:30 PM at the Franco-American Club.

In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch by Cormier Catering served around 11:30 AM. Entertainment by the Justin Meyer Jazz Trio with vocal accompaniment.

Advanced registration is necessary, at 978-692-5523 before May 10th.

If you were born in 1929 or earlier, please indicate your birth year when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring two guests; they will be seated at your table. Both the honoree and their two guests attend free of charge.

The cost for all other guests will be \$17 if you are not a member of the Friends of Cameron and \$12 if you are a Friends member. Transportation is available.

To view the complete Council On Aging Newsletter please visit our website:

www.westfordma.gov/coa and click on Newsletters.



Westford Senior Cente

Cameron Senior Center (Continued)

Northern Bank Sponsors: Lunch and Basic 101: Equity Lines

Thursday, April 18, at 12 p.m.

Come and learn about Equity Lines while enjoying lunch. Please sign up at 978-692-5523.



Northern Bank Sponsors: Come shred your documents at the Cameron

Friday, April 26th at 9 a.m. to 11 a.m.

We expect a nice crown so please remember first come first served. There is a cost of \$3 per box and we ask that when you call to register please provide an estimate of how many of pounds of paper you will bring to be shredded by Proshed Specialty. To register please call 978-692-5523.

Northern Bank sponsors: Lunch and Lecture

Thursday, April 18, at 12 p.m.

Come and learn about Equity Lines while enjoying lunch. Please sign up at 978-692-5523.

Ekaru Sponsors Lunch and Cybersecurity Lecture

Thursday, April 25, at 12 p.m.

Whether at work, at home, or on the go, we're beholden to a lifecycle of data that is often the top target of cybercriminals. Protecting that data isn't a highly technical process, but rather one that requires common sense and a strong commitment to privacy in every aspect our lives! Come learn more



about what is PII, or Personally Identifiable Information, is sensitive data that could be used to identify, contact, or locate an individual and examples of non-PII and much more.. RSVP to 978-692-5523

FRIENDS of the Cameron Annual Meeting:

Thursday, May 9th at 10 a.m., Computer Room

All Friends members are invited. Come share your ideas, ask questions, give feedback, discuss plans for the coming year, and elect the 2019-2020 Board of Directors. Any Friends member may run for office or volunteer to be on a committee. Interested? Just leave your name and phone number at the front desk at 978-692-5523 and a Friends member will be glad to contact you. We can use everyone's talents, knowledge and skills!

"Being Mortal"

Tuesday, May 14^{TH} from 4:00 - 5:00 p.m.

Dr. Atul Gawande wrote this book and Nashoba Nursing & Hospice staff will highlight the contents. Sensitive and heartfelt examination of the processes of aging and dying will be reviewed. A film will be shown so reading the book is not needed to attend and a book has been donated to our library.

Please sign up at 978-692-5523 by Friday, May 10th.

Genealogy Series...Learn more about your Family Heritage

Dates; May16th, 23rd, 30th from 6:00 -7:30 p.m.

Genealogists: Dave Welsh, Bob Oliphant & Patti Mason

Do you want to learn more about your family history and how to do research? A trio of local Westford genealogists will discuss different aspects of genealogy for the beginner and for intermediate genealogists over 3 weeks. Dave Welsh will address getting started with family research; Bob Oliphant will discuss federal census records and will describe how to do foreign language genealogy (French Canadian, Italian, Swedish); and Patti Mason will discuss the wealth of sources available on the internet as well as some lesser-used sources. The Group will show samples of Genealogy to help you get started with your own search. Time will be given to assist with individual questions and research – during class or later. Cost: \$10

Recycling Commission

NOTICE: April 15, 2019 (Patriots' Day), is NOT a holiday for trash and recycling. Pickups will be made according to the regular blue weekly schedule.

Alerts from the Westford Recycling Commission

PLASTIC BAGS, empty or filled, are NOT acceptable in recycling bins and toters.

WWW.WESTFORDMA.GOV

(Continued on next page)

TANGLERS - cords, coat hangers, light strings, plastic 6-pack rings, garden hoses, wires, strings, ribbons, and chains - are prohibited from recycling bins and toters.

CAPS and LIDS – replace caps and lids on clean bottles, jars, and cans or toss lids in the trash. Do not discard them separately in recycling

PLASTIC YOGURT CUPS – toss cups in recycle bin. Put aluminum lids in the trash.

BRUSH CHIPPING

Saturday, April 27, 2019, 10:30 am - 4:30 pm Westford Highway Garage, 28 North Street

Proof of Westford residency required.

<u>Accepted</u>: Brush and branches up to 3 inches in diameter and 10 feet in length. Must be average residential brush categories and reasonable amounts: A load ranges from a trunk to pickup truck -----volume, includes tow behind a full trailer.

Not accepted: Building materials (e.g. fences, boards), land clearing materials and debris (e.g., roots, bushes, anything mixed with poison ivy), grass, and leaves.

Cost: \$10 per load, checks preferred, payable to the Town of Westford.



Recycling Commission (Continued)

ELECTRONICS & MUCH MORE COLLECTION

Saturday, May 4, 2019, 9 am - 1 pm Westford Highway Garage, 28 North Street

Westford utilizes the services of Northeast Materials Handling of Ayer, Massachusetts. This is a fee-based collection OPEN TO ALL. CASH OR CHECK ONLY (checks should be made out to "Northeast Materials Handling"). The Town of Westford receives no proceeds from this event.

Download our event brochure: https://www.westfordma.gov/DocumentCenter/View/7881/ECESpring2019?bidld

Acceptable Items: Free of Charge

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Printers

Batteries

Ballasts

Wire

Cell Phones

Lawn Mowers

Medical Equipment

White Goods

PC's

Copiers

Fax Machines

Scanners

Servers

Switches

Microwaves

Light Fixtures

Electrical Equipment

Laptops

Modems

Radios

Towers

Routers

Switch Gear

Refrigerators

Chargers

AC Units

All Appliances

Fire Alarm Equipment

Scrap Metals

Pipe

Battery Operated Tools

Metal Desks

Bicycles

Keyboards

Water Heater (must have a hole drilled at the bottom and must be emptied of all water)

Snow blowers (must be emptied of all fluids, gas, and oils)

Powered Landscaping Equipment (must be emptied of all fluids, gas, and oils)

Metal Filing Cabinets

Printed Circuit Boards

*** WE DO NOT ACCEPT **TOY PLASTICS, AT ALL *****

CHARGEABLE ITEMS:

- CRT Monitors and Flat Screen Monitors \$15.00 each (do not require CPU or keyboard, we take those for FREE)
- TV's-\$30.00 each
- Vacuums \$10.00 each
- Batteries Alkaline \$.55/lb
- Light Bulbs \$1.00 each
- Car Seats \$15.00 each
- Toners \$.25/lb
- Computer Speakers or Household \$10.00 a set



Recycling Commission (Continued)

HOUSEHOLD HAZARDOUS WASTE COLLECTION

Saturday, May 18, 2019, 9 am - 1 pm

Westford Highway Garage, 28 North Street

Fee: \$30 per car with new payment policy - checks preferred

Westford residents only. Proof of residency is required (driver's license, phone bill, etc.). Fee: \$30/car. New payment policy - CHECKS PREFERRED. Residents are encouraged to work with neighbors to consolidate volume to share costs. Residents will receive a detailed mailing in early May.

Empty.Clean.Dry.

The new way to recycle.

EMPTY - remove food or product residue.

CLEAN - rinse or wash empty containers.

DRY - let containers dry before placing in your recycling bin or toter.

For questions on what is and what is not recyclable, go to the **Recyclopedia:** https://recyclesmartma.org/. Bookmark this page!

Are Black Plastic take-out trays recyclable? The Recyclopedia says "Put this item in your trash bin." Clear plastic lids can be rinsed and recycled.

Please visit www.westfordma.gov/recycling for your recycling and trash questions.

Westford thanks you for recycling, reducing, repurposing, and reusing!

